

Preconception and Interconception Care

Governor's Summit on Infant Mortality

Frankfort, Kentucky

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A woman's health is her capital.



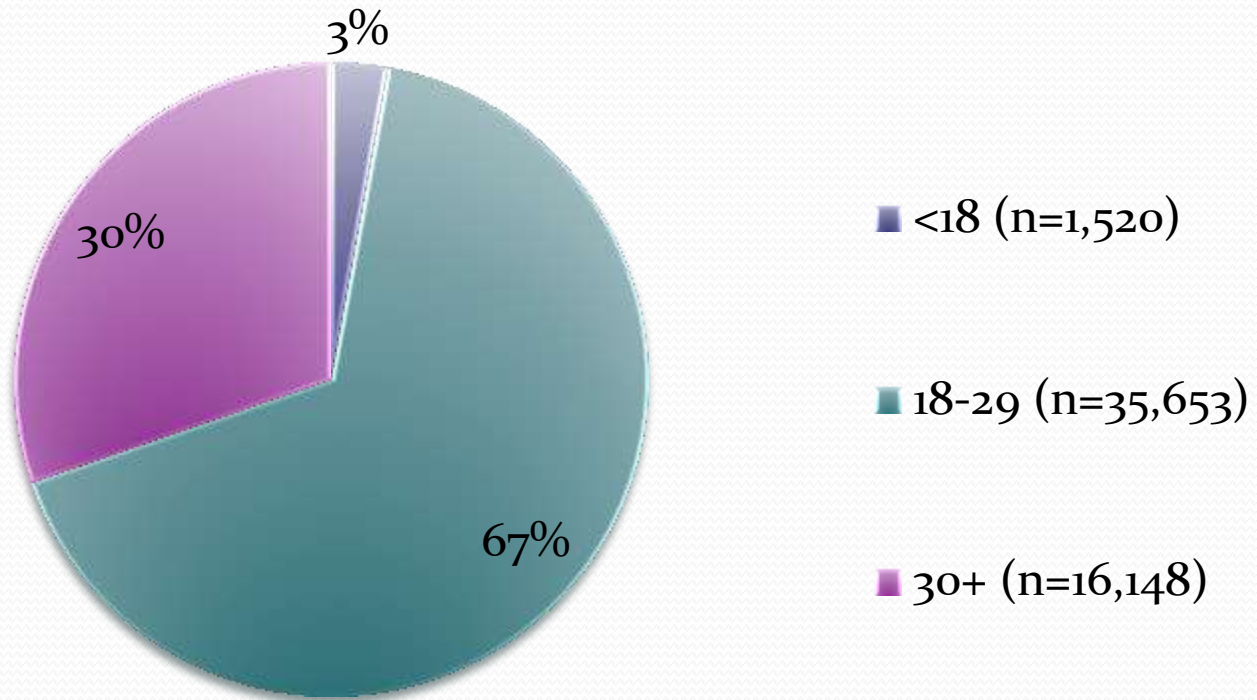
A woman's health is her capital.

Harriet Beecher Stowe

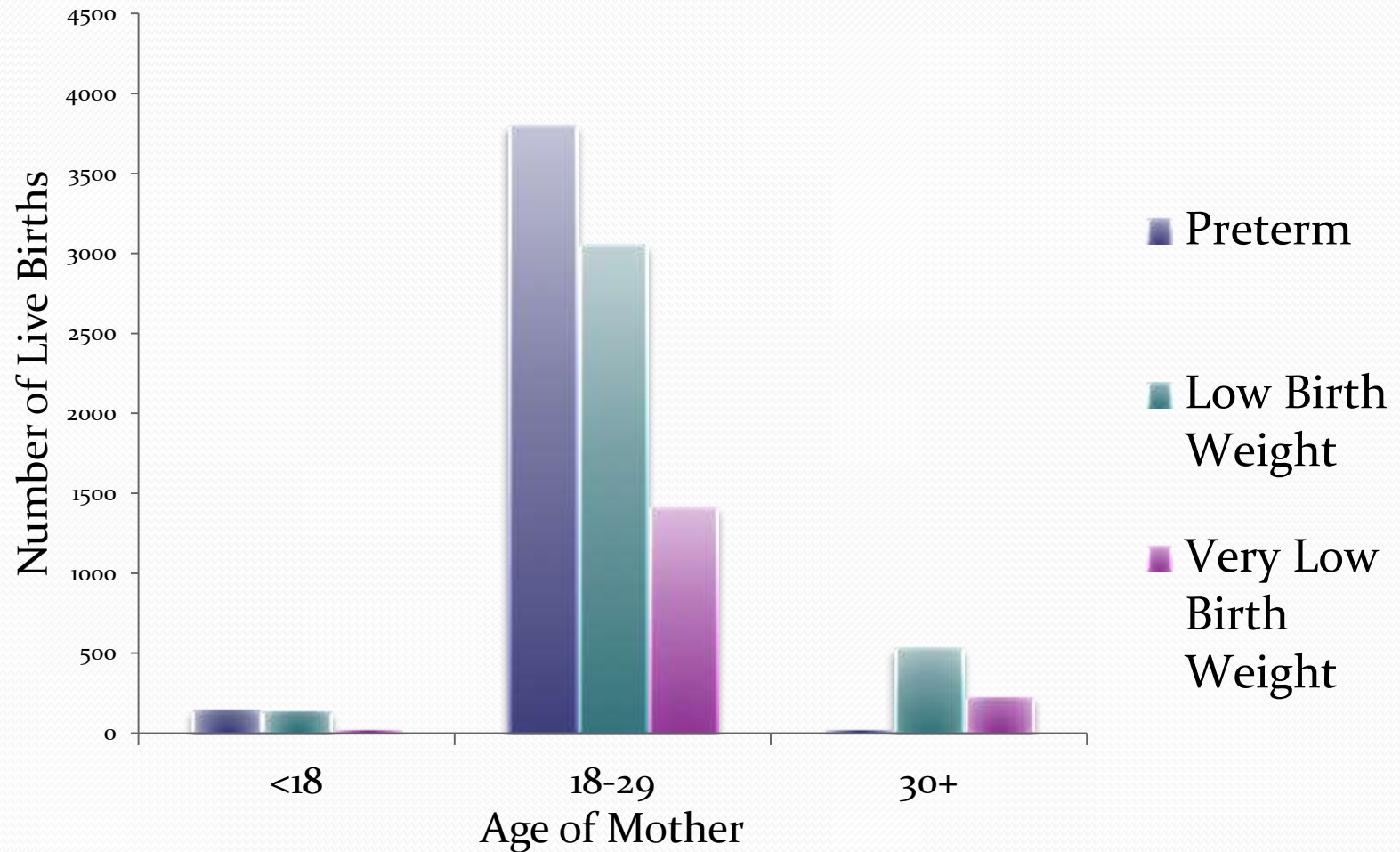


Live Births to Women in Kentucky

Percentage of Live Births in Kentucky by
Age of Mother, 2012 (n=53,324)



Poor Birth Outcomes by Age of Mother, 2012



Limited Contraceptive Use: Characteristics of Young Adults

- Tend not to plan ahead or anticipate consequences
- Think they are not at risk
- Feel invulnerable
- Lack confidence or motivation to use
- Embarrassed or not assertive
- Lack power and skill to negotiate use
- Social or cultural expectations or beliefs

Fog Zone

- Magical thinking and ambivalence
 - Of unmarried persons, currently in a sexual relationship, not trying to get pregnant or cause a pregnancy
 - 19% were using NO contraception
 - 24% were using contraception inconsistently
 - Only 50% were well protected

Fog Zone

- Magical thinking and ambivalence
 - 44% thought you should take a 'pill break'
 - 40% that were using the 'rhythm method' didn't know when the woman's most fertile time was
 - 37% think that it is ok to use petroleum jelly with a latex condom

Fog Zone

- Magical thinking and ambivalence
 - 40% thought there was a 50% chance of pregnancy during one year of use of birth control pills
 - 15% thought they were infertile
 - 30% thought the government was using the poor and minorities as guinea pigs for new birth control methods
 - 30% thought that birth control was a plot to limit black and other minority populations

Definitions for today

- Unintended pregnancies
 - Mistimed
 - Unwanted
- Intended pregnancies

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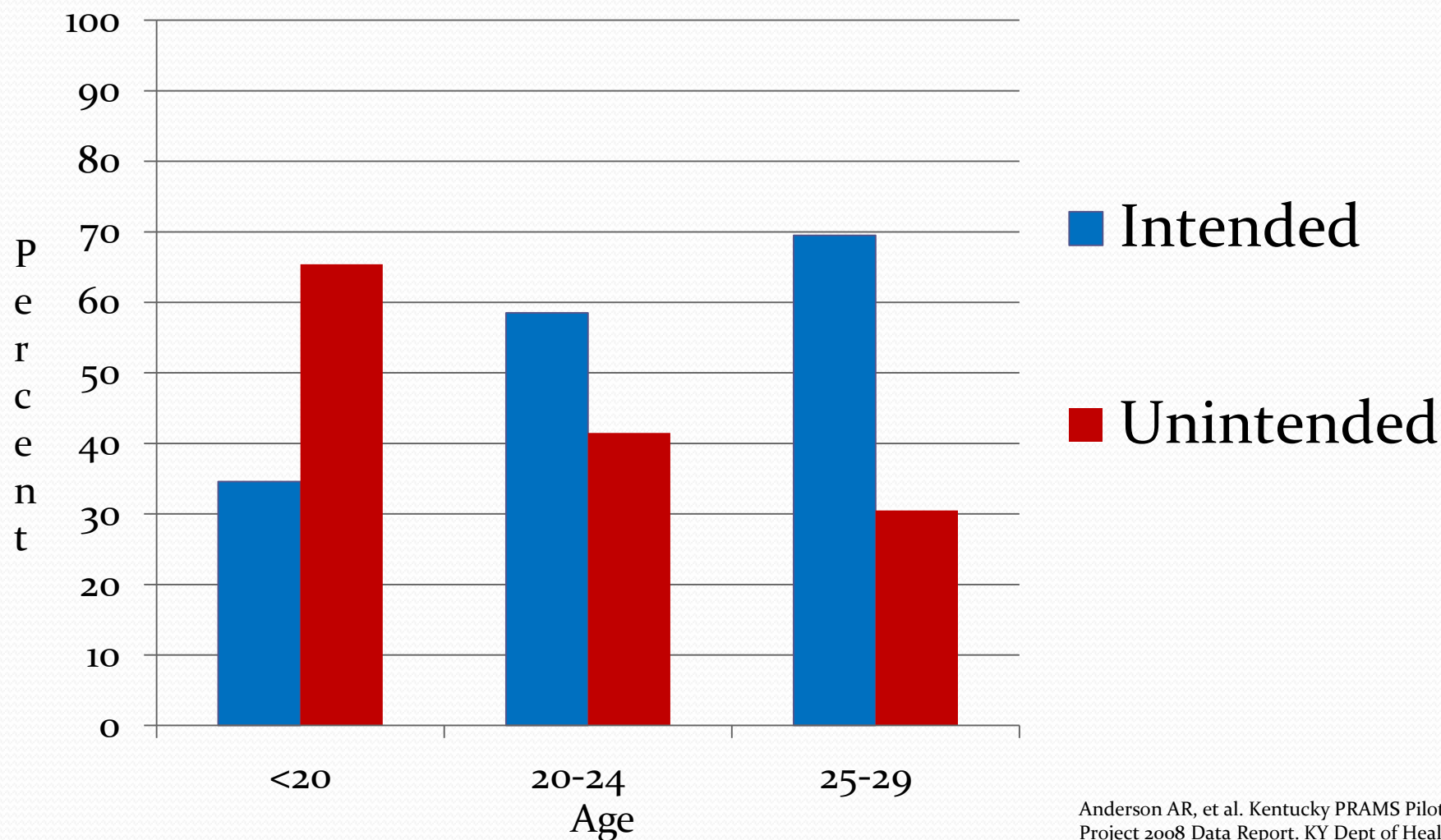
- Unintended pregnancies
 - Mistimed
 - the mother wanted the pregnancy to occur at a later time
 - Unwanted
 - the mother did not want the pregnancy to occur at that time or any time in the future
- Intended pregnancies
 - the right time
 - later than desired
 - indifferent about the pregnancy



Unintendedness in Kentucky

- 59.8% of all pregnancies
- 77.3% of uninsured pregnant patients
- 74% of pregnant Medicaid recipients
- 90.6% of pregnant teens (ages 19 and under)

Reported Intendedness of Pregnancy Among 18-29 year olds in Kentucky



The cost of Unintendedness in KY

- 24,270 Kentucky births were paid by Medicaid
- Each Medicaid birth costs >\$14,000
- >\$339,780,000 in 2010

Health Consequences of Unintended Pregnancy

- **Maternal, Fetal, and Infant Health**
 - Limited opportunity for preconception health care
 - Increased risk of physical abuse of pregnant mother
 - Delayed entry into prenatal care (after 1st trimester) with mistimed and unw



Health Consequences of Unintended Pregnancy

- **Maternal, Fetal, and Infant Health**
 - Increased risk of preterm birth (PTB) and low birth weight (LBW)

Health Consequences of Unintended Pregnancy, cont.

- **Maternal, Fetal, and Infant Health**

Compared to women with planned pregnancies,

- Women with *unwanted* pregnancies were 21% less likely to **breastfeed**
- The odds of reporting **postpartum depression** were 1.98 times greater among women with *unwanted* pregnancies and 1.34 times greater among women with *mistimed* pregnancies

Health Consequences of Unintended Pregnancy

- **Family Environment**

- Maternal Relationship Instability

- 46% changed partners in 5 years following pregnancy vs. 21% among women with intended pregnancies

- Single Parenthood

- High economic burden
- Children of single parents are at increased risk of
 - Dropping out of school
 - Teen parenthood
 - Low educational achievement
 - Poverty
 - Divorce as adults

Health Consequences of Unintended Pregnancy

- **Child Health**

Compared to children born of an intended pregnancy, children from unintended pregnancies, and especially unwanted pregnancies, experience:

- Poorer physical and mental health
- Lack of closeness with mother
- Lower cognitive test scores, higher levels of fearfulness and lower levels of positive affect at 2 years old
- Lower verbal test scores in preschool
- Higher level of delinquency during adolescence



Psychological and Social Consequences of Pregnancy for Unmarried Young Adults

- Limited education
- Fewer career or job opportunities
- Heavy economic burden
- Depression, loss of self-confidence and lack of hope
- Consequences more severe for young women than men
- Children of young parents may face psychological, social and economic obstacles



What is Preconception Health?

- Preconception Health (PCH)
 - Health before pregnancy; health throughout a woman's reproductive years



What is Preconception Health?

What is Interconception Health?

- Preconception Health (PCH)
 - Health before pregnancy; health throughout a woman's reproductive years
- Interconception Health (ICH)
 - Health between pregnancies

What falls under PCH and ICH?

Healthy Body	Healthy Mind	Healthy Environment
<ul style="list-style-type: none">• Folic Acid• Nutrition• Physical Activity• Weight• Tobacco• Alcohol/Drugs• Chronic Conditions• Vaccines• Medications• STIs• Oral Health• Pregnancy Spacing	<ul style="list-style-type: none">• Mental Health• Healthy Relationships• Alcohol/Drugs	<ul style="list-style-type: none">• Food Safety• Environmental Toxins• Workplace Hazardous Materials• Home Hazardous Materials• Financial Stability• Healthy Relationships• Healthy Community

Why Should Providers Care About PCH & ICH?

- >40% of all pregnancies in Kentucky are unintended*
 - Unintended pregnancy is highest among young adults
- Poor health status before and during pregnancy affects fetal and infant health, including miscarriage, preterm birth, low birth weight, and birth defects
- Women's wellness matters!

Evidence-Based Components of PCH/ICH for Providers

Evidence-based interventions to improve women's health and reduce poor birth outcomes that **can be achieved in a clinic setting** include:

- Pregnancy spacing
- Folic acid supplementation
- Tobacco cessation
- Management of chronic conditions
- Promotion of oral health
- STI testing and treatment – especially for chlamydia & gonorrhea



Optimal Pregnancy Spacing

- Inter-pregnancy interval of **18-23 months** has lowest risks for:
 - Preterm birth
 - Low birth weight
 - Small for gestational age



Optimal Pregnancy Spacing

- Less than 6 months between pregnancies
 - 40 % increased risk of preterm birth
 - 61 % increased risk of low birth weight
 - 26 % increased risk of being small for their gestational age



What can Providers Do?

- Reproductive Life Planning
- Contraceptive Counseling
- Method matching – short vs. long acting methods, such as Long Acting Reversible Contraceptives (LARCs)

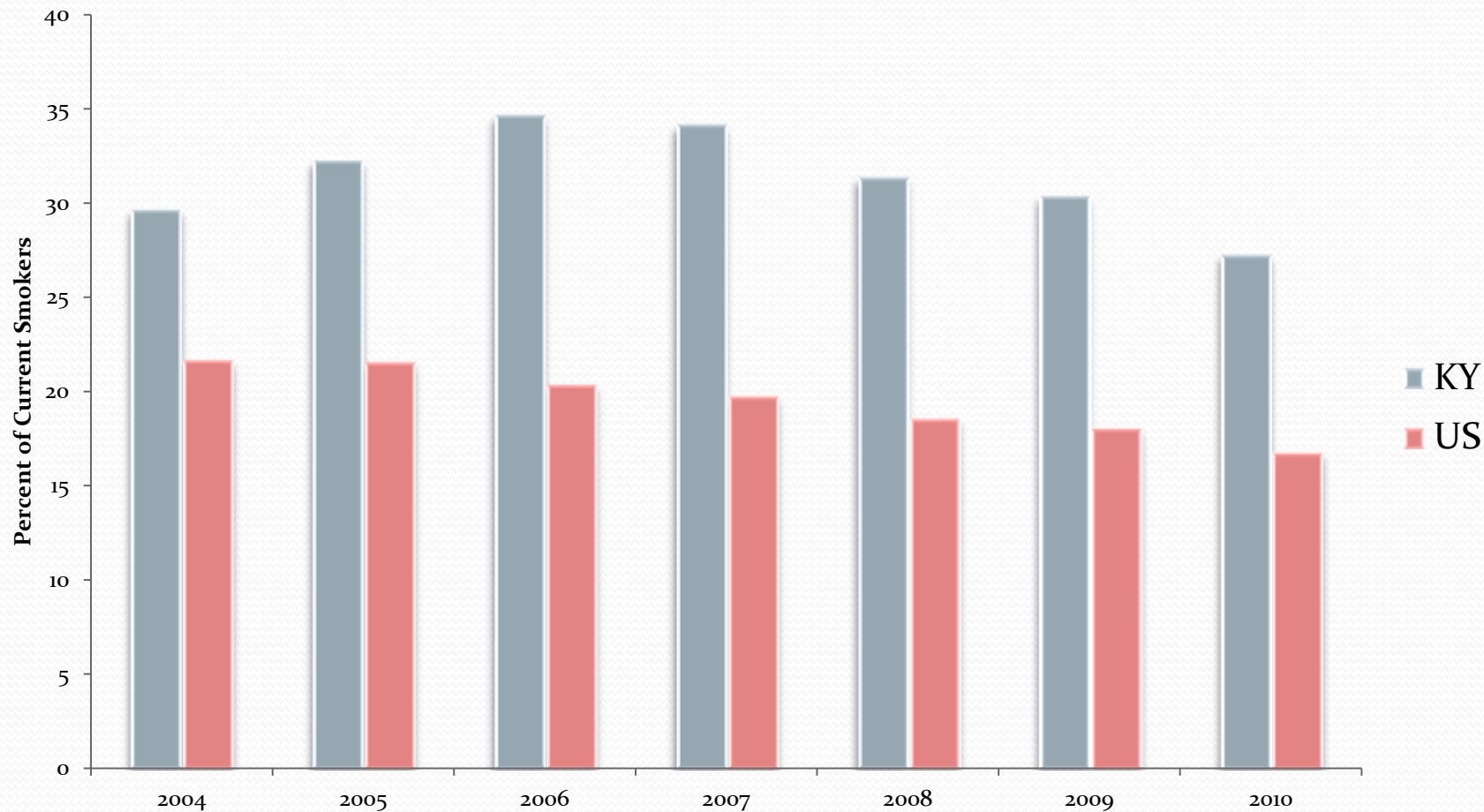
Smoking Prevalence Among Women

- Nationally, the median prevalence of current smoking among women of reproductive age (18-44yrs) was **16.8%** in 2010
 - Kentucky's prevalence was the highest in the US at **27.3%**

Smoking Prevalence Among Women

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 - Kentucky's prevalence was the highest in the US at **27.3%**
- In 2008, approximately 13% of women reported smoking during the last three months of pregnancy, nationally
 - In Kentucky in 2012, **27.1%** of babies were born to women who reported smoking on the birth certificate[#]
 - Rates ranged from a low of 16 percent in Fayette County to more than **51 and 53 percent** of births in Lee and Elliot counties, respectively.

Smoking Rates women ages 18-44 yrs



Maternal Tobacco Use During Pregnancy & Early Childhood

- Maternal Harm:
 - Premature rupture of the membranes
 - Placenta previa
 - Placental abruption
 - Ectopic pregnancy
 - Spontaneous abortion
 - Preterm delivery
- Fetal/Infant Harm:
 - Small for gestational age
 - Low birth weight
 - Stillbirth
 - Sudden Infant Death Syndrome (SIDS)
- Infant/Child Harm:
 - Otitis Media
 - New & exacerbated cases of asthma
 - Lower respiratory infections



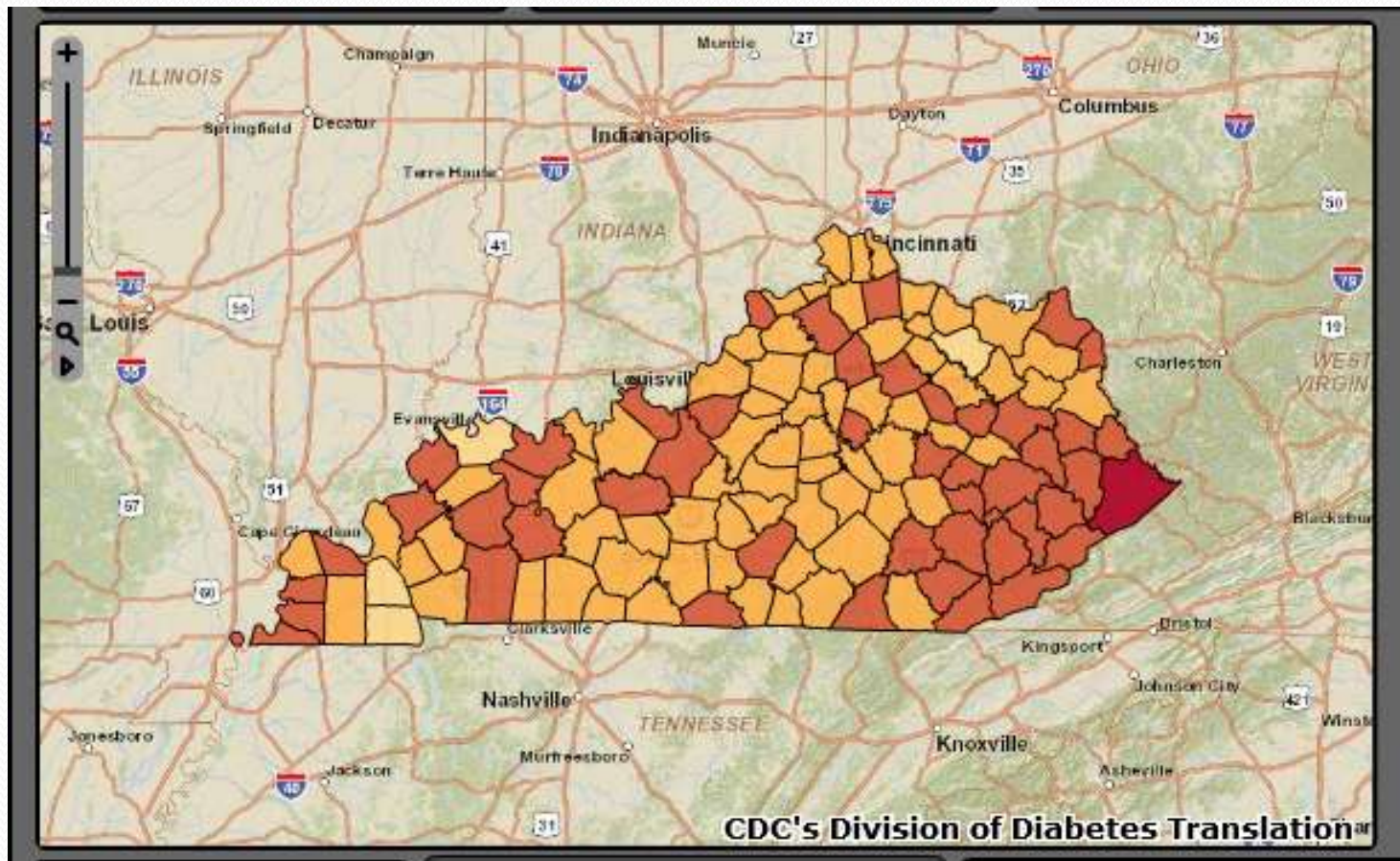
EVERYONE HAS THE RIGHT TO BREATHE

**SMOKE
FREE
KENTUCKY**

Diabetes in Kentucky pregnancies

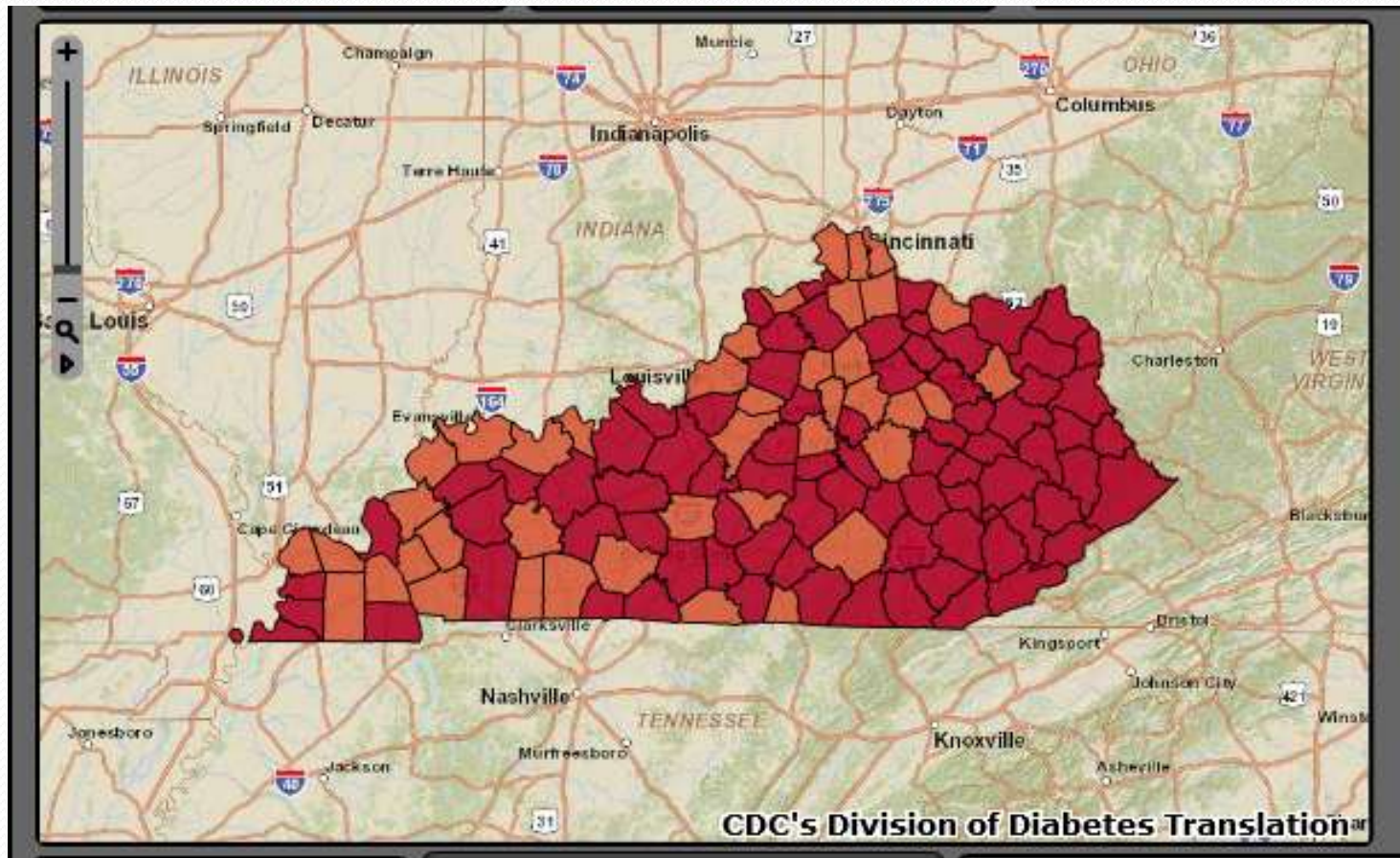
- New diabetes cases in Kentucky have increased 27% in 5 years – from 2004 to 2009
 - Rates have increased from 8.7 per 1,000 in 2004 to 11.1 per 1,000 in 2009
 - 5.2% of pregnant women in Kentucky report gestational diabetes or pre-existing diabetes
 - 449 births to pre-existing diabetics
 - 2,772 births to women who developed diabetes with pregnancy

Diabetes in Kentucky 2004



Kentucky = 8.7
US = 6.9

Diabetes in Kentucky 2009



Kentucky = 11.1
US = 7.9

Reproductive Health Risks of Uncontrolled Chronic Conditions

- **Diabetes**

- 3-fold increase in prevalence of birth defects among infants of women with type 1 and type 2 diabetes
- Prevalence is substantially reduced through proper management of diabetes

Hypertension in Kentucky pregnancies

- Over 1/3 of adults in Kentucky report having hypertension
 - 1/4 of pregnant women report having hypertension

Reproductive Health Risks of Uncontrolled Chronic Conditions

- **Hypertension**

- Maternal mortality
- 2-fold increase in gestational diabetes
- Fetal complications: Preterm birth, placental abruption, Intrauterine growth restriction (IUGR), fetal death

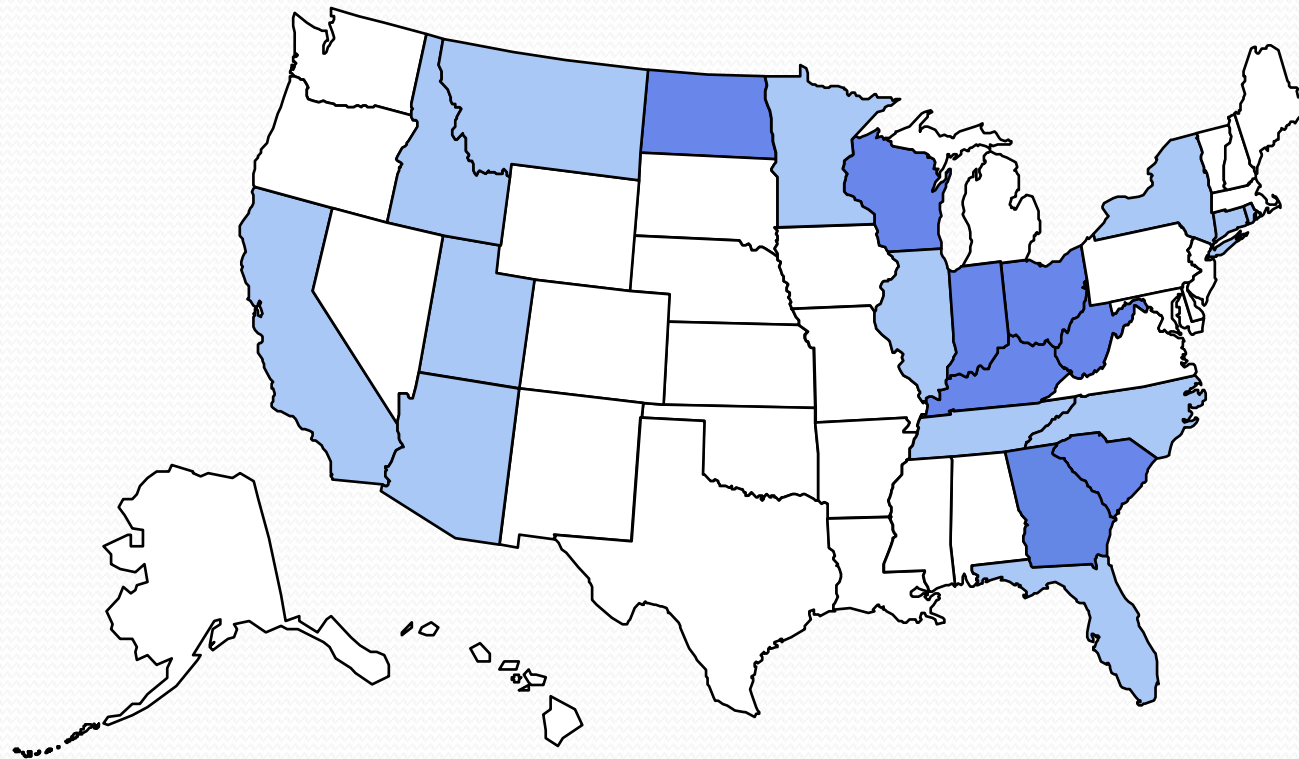


Obesity in Kentucky pregnancies

- Obesity
 - 30% of women ages 18-44 were obese compared to 24% nationally

Obesity Trends* Among U.S. Adults

BRFSS, 1985

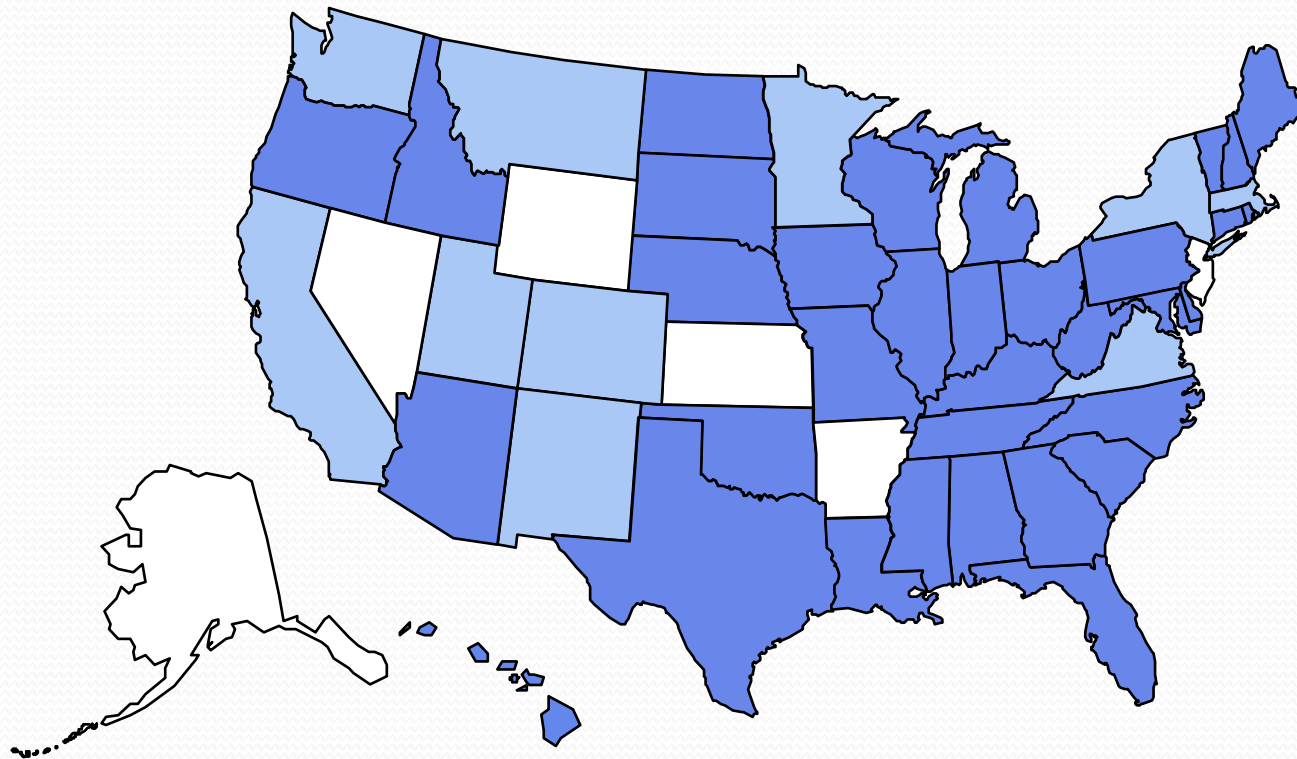


No Data
 <10%
 10%–14%

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

Obesity Trends* Among U.S. Adults

BRFSS, 1990



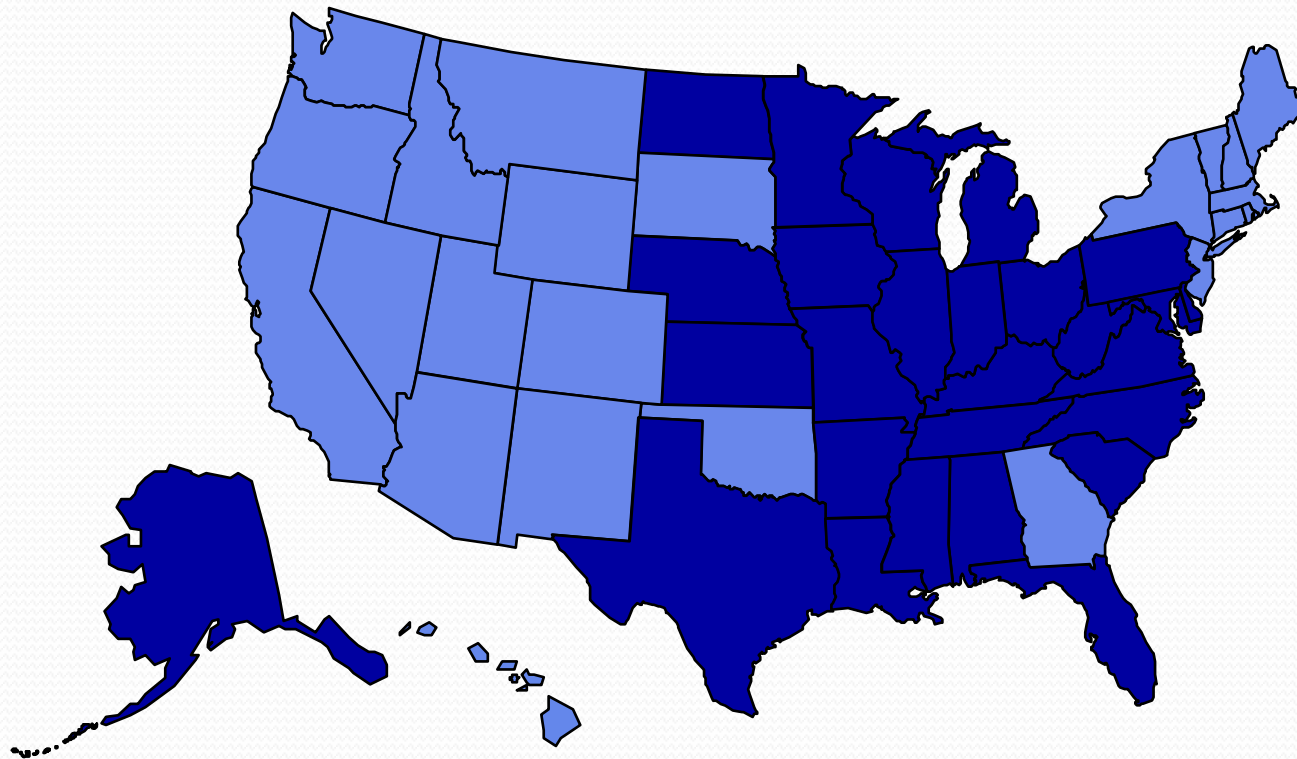
□ No Data ■ <10% ■ 10%–14%

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

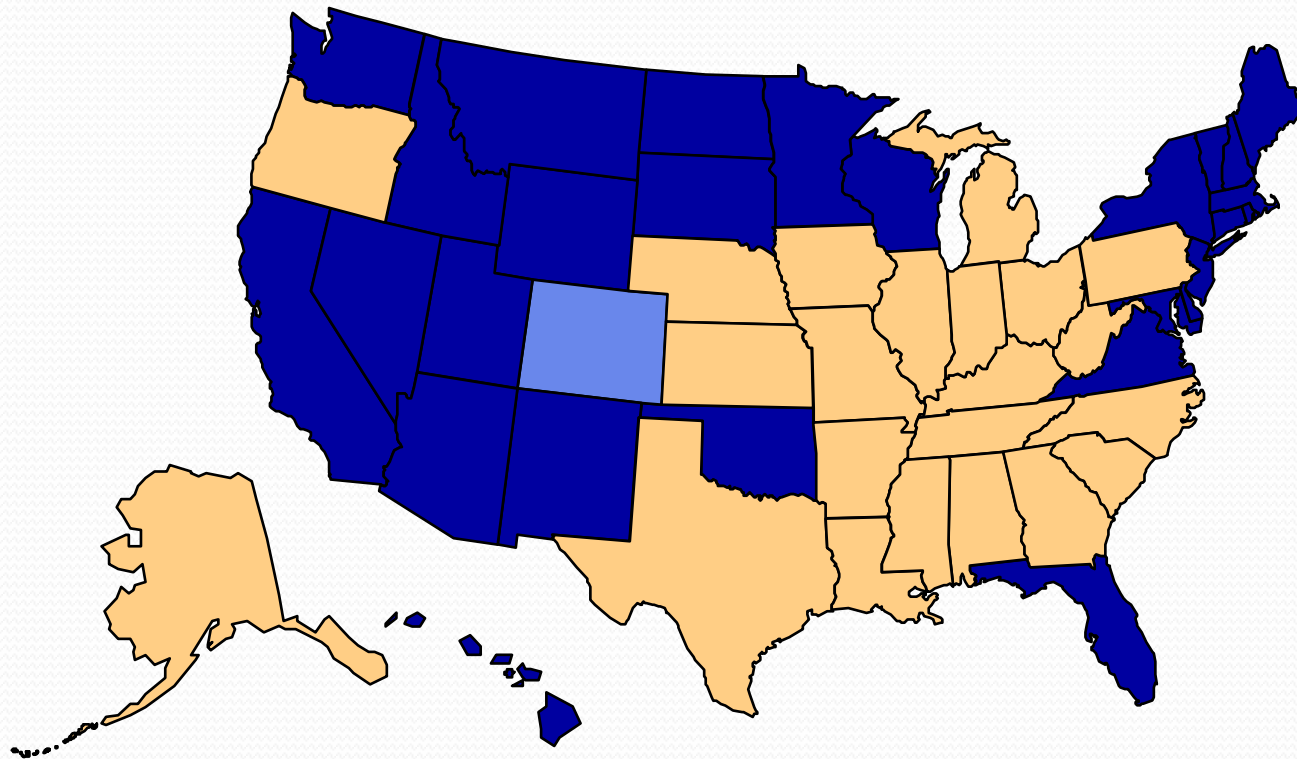


□ No Data □ <10% □ 10%–14% □ 15%–19%

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

Obesity Trends* Among U.S. Adults

BRFSS, 2000

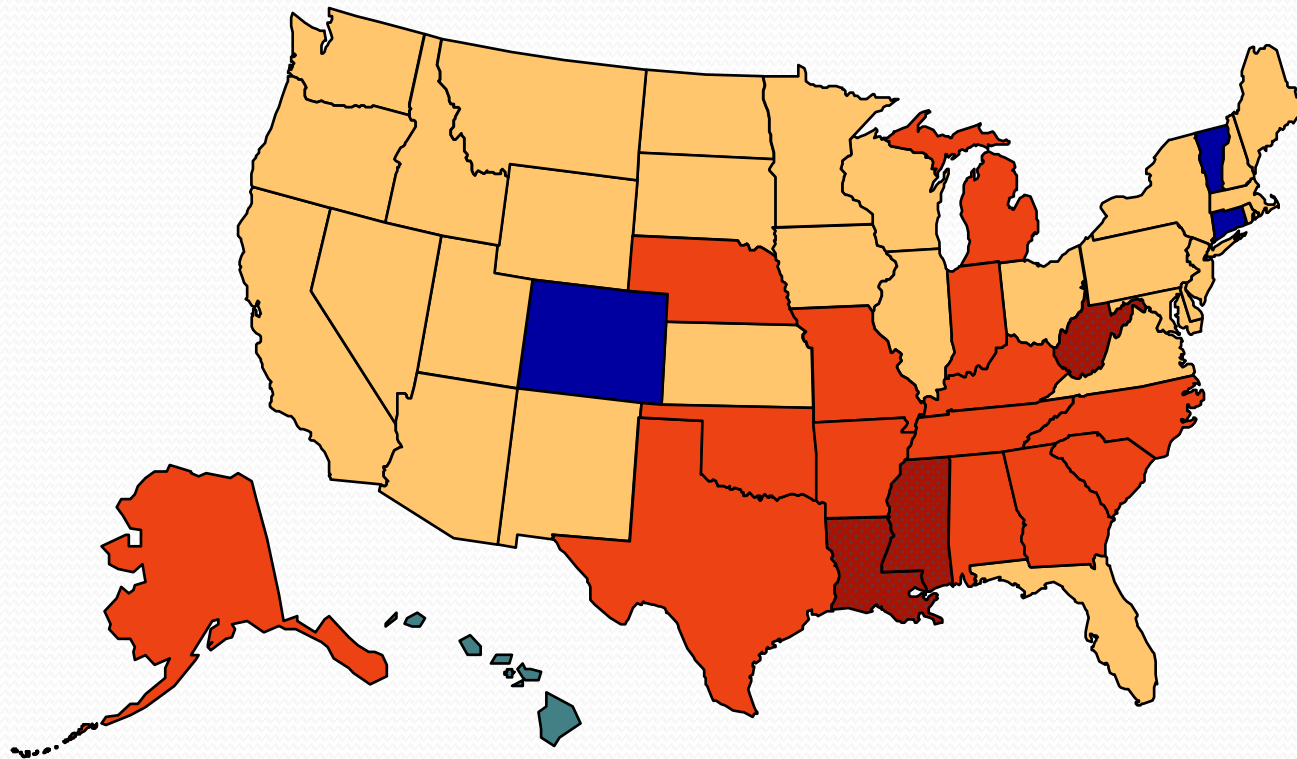


Legend: No Data, <10%, 10%–14%, 15%–19%, ≥20%

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

Obesity Trends* Among U.S. Adults

BRFSS, 2005

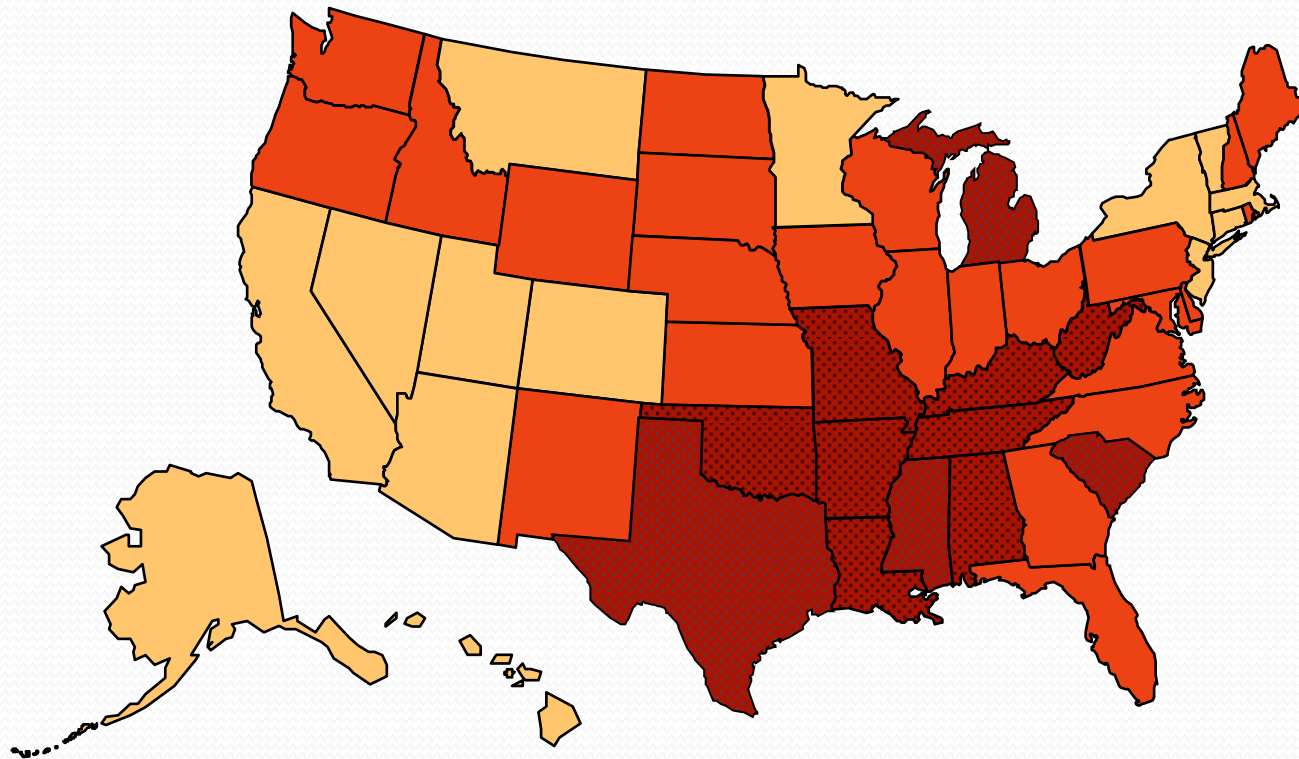


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(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

Obesity Trends* Among U.S. Adults

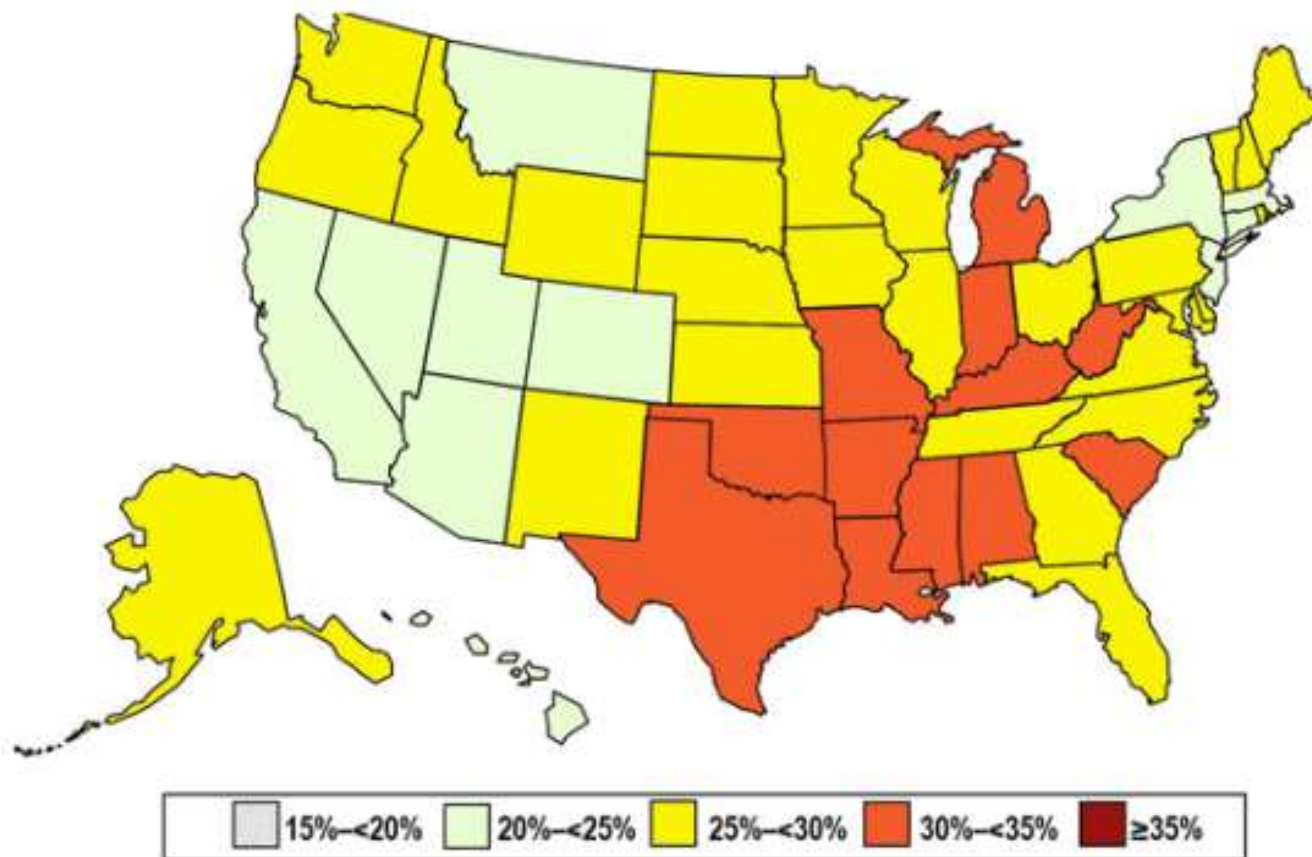
BRFSS, 2010



Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%, 25%–29%, ≥30%

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

Prevalence of Self-Reported Obesity Among U.S. Adults BRFSS, 2011



Reproductive Health Risks of Uncontrolled Chronic Conditions

- **Obesity**

- Increases the likelihood of having hypertension and diabetes
- Increases the risk of reproductive complications including:
 - Neural Tube Defects (NTDs)
 - Preterm birth
 - Pregnancy-induced hypertension
 - Gestational diabetes
 - Cesarean section

Periodontal Disease Affects Women's and Children's Health

- Increasing evidence of links between oral health and women and children's health
- Direct links between a maternal oral health and their children's risk for dental caries

Women's Health	Maternal & Child Health
Heart Disease Stroke Especially serious for women with diabetes	Preterm birth Small for gestational age Preeclampsia Gestational diabetes Fetal loss Child dental caries

Unintended pregnancy and cost

- The cost savings to prevent unintended pregnancy were so great that the Affordable Care Act provided the opportunity for states to add a family planning expansion through a Center for Medicaid Services (CMS) state plan amendment (SPA)



Family Planning State Plan Amendment (SPA)

Benefits of SPA for expansion of family planning expansion in Kentucky includes:

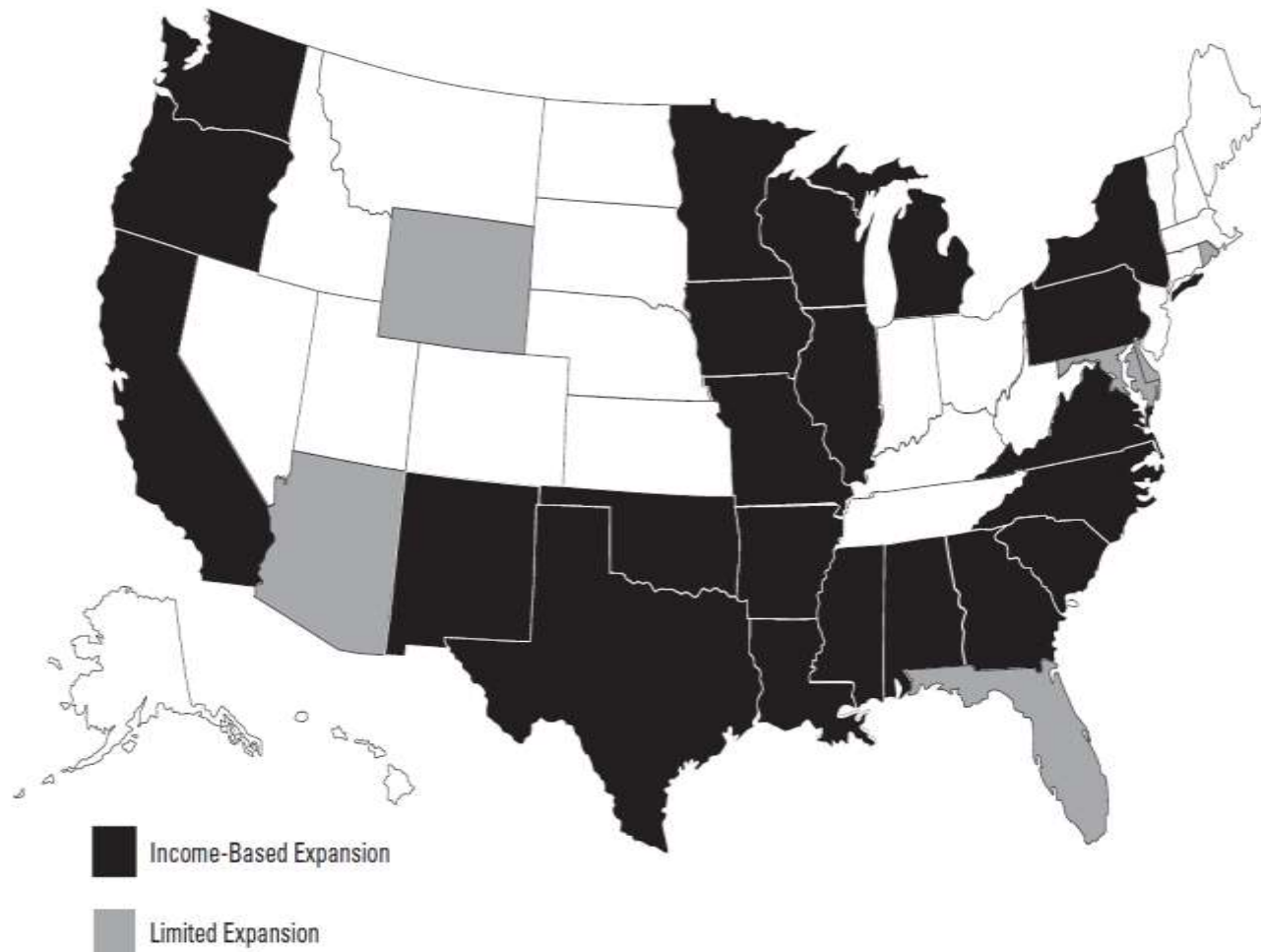
- Reduction in unintended pregnancies
- Decrease in teen pregnancy
- Decrease in publicly funded births
- Improved birth spacing/intervals
- Delay of first pregnancy



More SPA Benefits

- Decrease pregnancy termination by half
- Increased access to long-acting, highly-effective contraceptive methods
- Preconception assessment to plan for a healthy pregnancy and birth
- Enhanced access to preventive health services and healthy life style choices
- Significant savings in federal, **state and local dollars**

States with Medicaid Family Planning Expansions





Potential for Savings

Expansion for family planning services qualifies
for the special CMS incentive rate of

**90% federal with a 10% state
match**

One year in Kentucky after SPA

- Participants 58,000
- Unintended pregnancies averted 8,370
- Unintended Medicaid pregnancies averted 4,350
- Total savings for Medicaid \$62,900,000
- Total cost of the program \$18,893,000
- Total Net Savings \$44,007,000

One year in Kentucky after SPA

• Participants	58,900
• Unintended pregnancies averted	8,370
• Unintended Medicaid pregnancies averted	4,350
• Total savings for Medicaid	\$62,900,000
• Total cost of the program	\$18,893,000
• Total Net Savings	\$44,007,000
• Kentucky savings for Medicaid	\$19,008,000
• Kentucky costs of the program	\$ 2,638,000
• Kentucky net savings	\$16,370,000



This week in Kentucky...

1,073 babies will be born



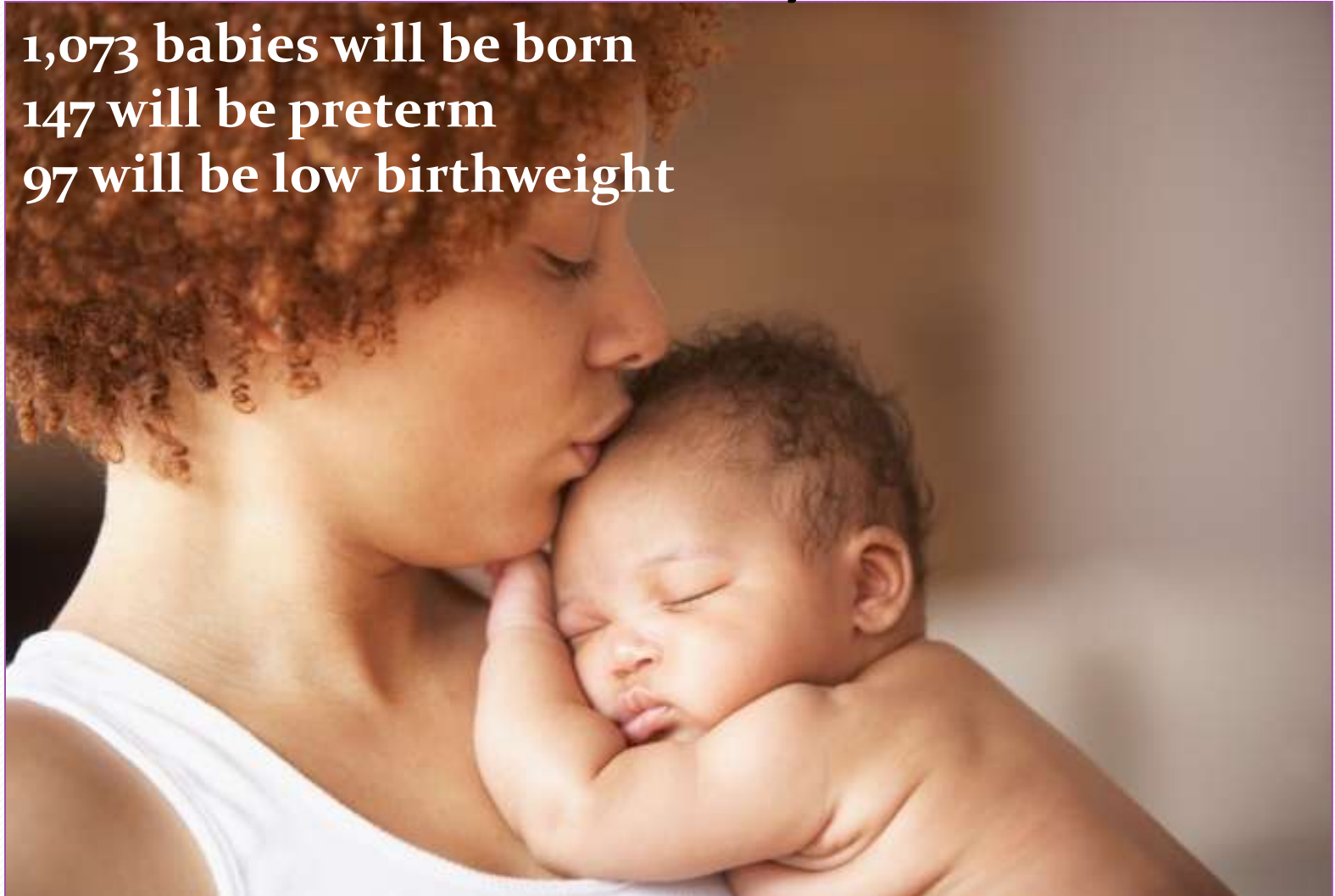
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1,073 babies will be born
147 will be preterm



This week in Kentucky...

1,073 babies will be born
147 will be preterm
97 will be low birthweight



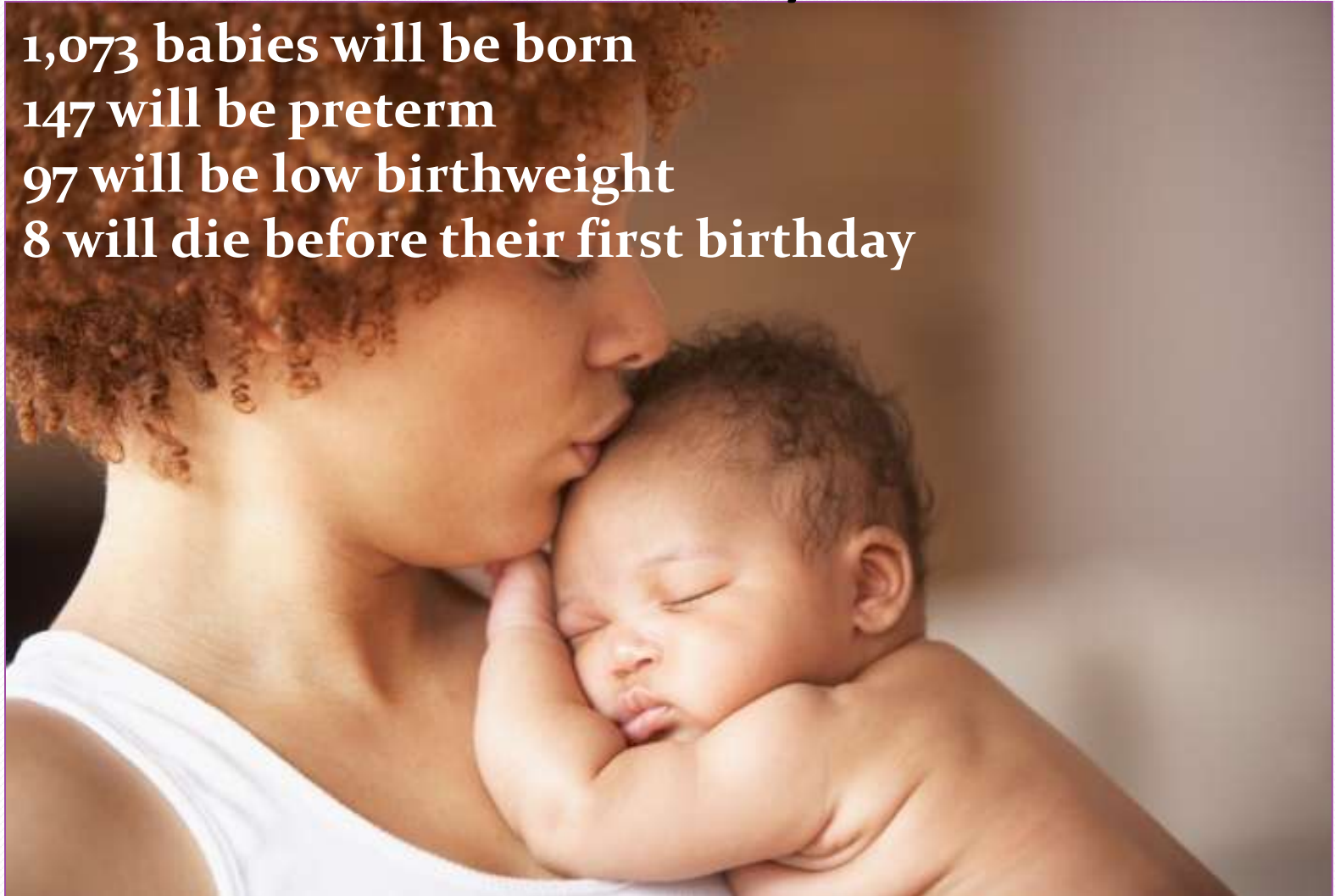
This week in Kentucky...

1,073 babies will be born

147 will be preterm

97 will be low birthweight

8 will die before their first birthday



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The Every Woman Southeast Initiative is a group of leaders and agencies from eight states working together to build a multi-state, multi-layered partnership to improve the health of women and infants in the south.

updates

10.10.2010 We're Live!

partner focus



new resources



Call to Action

- Tired of always being the “worst” states in the nation.
- Decided that we can no longer ignore our legacy of health inequities.
- Recognized that to get different results we needed to change the way we approach this work.
- Strong interest in connecting with each other across states.
- Desire to give voice to “grass tip” leadership.



Before, Between & Beyond Pregnancy

Show
Your
Love



Preconception
Health



Show Your Love

YOUR BABY WILL THANK YOU FOR IT.
www.cdc.gov/showyourlove

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Preconception
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